MINDFULLY EATING AT *Restaurants*

Why is this important?

People eat at restaurants for a number of reasons from convenience to celebrating an occasion with friends or family, and no matter what the reason it should be an enjoyable and stress-free experience. Being prepared for making food choices can eliminate any food stress and allow you to focus your energy and time on your table-mates.

Go in with a plan

- If you know where you're going ahead of time, take a few minutes to look up the restaurants menu online. Take your time to read over your options and note dishes that sound good.
- Choose dishes that will nourish your soul but try to include the main components of a balanced meal: protein, carbohydrates, fat, and fiber.

Enjoying the moment

- Planning ahead can help you feel confident about your food choices at restaurants so that you can enjoy being present with those who've joined you.
- As you eat your meal and converse, take small moments to check-in with yourself about your hunger level and satiety. It can be beneficial to take smaller bites and even take breaks between bites to quietly assess.
- Lastly, eat dessert if you want it!

Don't be afraid to ask questions

- Thinking about ordering a dish, but aren't sure you'll like or want something that's included? Ask your server to make it without or to bring it out on-the-side.
- You can also have them bring things like sauces and dressings out on-the-side so that you can control how much you add to your dish.
- Feel free to also ask questions about what things you can swap in/out of a dish or if you can change the side that comes with your entree.